

**Pre-Procedure Instructions**

# Preparation and Expectations for an At-Home Procedure

# Prepare a clean work space for your provider. There should be ample lighting, if needed please bring additional lamps to the room. The provider needs a quite atmosphere to work, so please make sure if you have kids or pets or other family members at home, they will not be a distraction.

# Please expect the procedure to take up to 30 minutes.

# You will be asked to sign consents forms and a possible tele-consult call with a Yofi Medical Director to confirm treatment plan before a provider can begin your treatment.

* Avoid Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 24 hours prior to your treatment as they may promote the risk of bruising and bleeding in the injection area.
* If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
* If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment.